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Old-age home snubbed

OC Transpo route changes strand seniors, staff, St. Patrick's Home says PAGE 3

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AWARD-WINNING CHEF VIKRAM VIJ WANTS TO HELP YOU FIND TIME FOR FAMILY MEALS. HIS COOKING SHOW WILL BE BROADCAST LIVE ON METRONEWS.CA PAGE 16

WHAT'S EATING YOU?

Minister of Health Leona Aglukkaq, speaking during a press conference about healthy eating in Ottawa on Monday, had some harsh words for a United Nations rapporteur's critical report of Canada's response to food security. See story on page 4.

SEAN KILPATRICK/THE CANADIAN PRESS

Van-stealing kidnapper still on the loose

Saturday-night caper. Never leave a car unlocked and children unattended: Police

SEAN MCKIBBON
sean.mckibbon@metronews.ca

A car thief who snatched an idling van and drove off with two sleeping tots is on the loose and police want the public's help finding him.

The Saturday-night caper could easily have turned tragic when the thief crashed the stolen vehicle into a building on Garland Street, but Ottawa police said in a news release Monday evening that the kids were found unhurt by bystanders and the man fled the scene on foot.

The incident started around 7:50 p.m. when the grey 2003 Toyota Sienna minivan carrying two adults and three children stopped at an Ottawa business located in the 300 block of Booth Street, in Ottawa.

Police say the two adults entered the store leaving the three children on board, including a 17-year-old boy, a three-year-old and a five-year-old asleep in the rear seat.

"Soon after, the teenager entered the store momentarily, leaving the vehicle unlocked and running with the two young children on board," police said.

That's when all hell broke loose. The adults and the teenager heard a loud noise and looked outside to see a strange man get in the van and drive away, striking a parked car on Booth as he made his escape.

The adults called police right away and about six minutes later police got another call about a hit and run in the 100 block of Bayview Street. Police say the man drove north on Bayview, west onto Scott Street and south on Hilda Street.

Around 7:59 p.m. police were called to 52 Garland Street where the vehicle finished its wild ride. Police say witnesses described the suspect as about 30 to 40 years old, six feet tall, thin with dark, short hair. They said he was wearing jeans and a brown or green jacket.

Crime Stoppers

Anyone with information is asked to contact the Ottawa Police Central District Investigations Unit at 613-236-1222, ext 5166 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

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OC Transpo route changes take toll on old-age home

Councillor defends altered 87 route.
Seniors, staff stranded due to cost cutting, says retirement home

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Cost cutting in 2011 robbed elderly patients, volunteers and staff at St. Patrick's Home of an easy means of transportation and it's taking a toll, the head of the facility says.

"It has certainly been a hardship," said Linda Chaplin, president and CEO of St. Patrick's, of the altered 87 route, which once stopped right in front of the residence. "It has definitely impacted our volunteers. Many tend to be in the old-age group themselves and many residents have elderly spouses and siblings. If they want to visit, they have to walk a block or two in the ice and snow."

For the past year Chaplin and the home's residents have sent petitions, held meetings and called the city and Coun. Diane Deans, chair of the transit commission, who on Jan. 9 brought partial service back to the original 87 stop, with buses arriving at 11:30 a.m. and 2 p.m.

"I have to get staff here for three shifts. It doesn't help my people who start at 6 a.m. or those who go home at 11:30 p.m. I often see people long after their shift is finished having to wait for a ride," said Chaplin.

Deans said she is concerned about elderly residents, but added the nearest stop is only 300 metres away, well within the 400-metre walking distance the city considered as a baseline during the cuts.

"When we made those route changes, we asked for the staff to review the effects using an equity and inclusion lens," Deans said. "This stop should be sufficient."

Downtown needs more than facelift, councillors say

Councillors at city hall's transportation committee Monday said you can make downtown Ottawa's streets as attractive and walkable as you want — but it will take more than that to revitalize the city's core.

On Monday morning the committee recommended council approve the $575,000 Downtown Moves plan, which aims to make downtown streets more vibrant in anticipation of the opening of the Confederation Line in 2018.

The vision in Downtown Moves is long-term, with horizons projected out 20 years. Some items are more immediate, however, including widening sidewalks near transit stations, the revitalization of Albert and Slater Streets, and transforming Queen Street into a "showcase street."

But staff were told by several councillors attractive streets require a commercial or mixed-use draw to pull people to them.

"You have to start with a vision, and you have to start with all the players at the table," committee member Diane Deans said after the meeting. "I think it's very important to develop your streetscape and to animate the street through commerce and storefronts onto those streets ... but I also think that it's housing, I think you have to have people living in the downtown."

According to staff, about 10,000 people live in the area Downtown Moves studied. That number is expected to double by 2031.

Deans said she'd like to see a "clear vision" on the future of downtown from council as a whole, including a dedicated section in the city's Official Plan, currently under review.

ALEX BOUTILIER/METRO

Spring thaw prompts warning on ice dangers

Gillian Baker, master water-safety instructor and volunteer at the Canadian Red Cross, and paramedic Andre Mollema speak about the danger of people and pets venturing out onto the ice at this time of year. With warmer temperatures and March Break just around the corner, kids may wander onto ice that isn't fully frozen and it poses a risk of drowning, Baker said. For more on the story go to metronews.ca. JOE LOFARO/METRO

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Search and rescue. Next-gen satellites to carry local tech

New search-and-rescue technology could have come to the rescue last month when five fishermen in Nova Scotia went missing after their boat capsized, says the CEO of an Ottawa-based manufacturing firm.

"It would have been something that could have helped, but was not available to them," said Mike Pley, CEO of Com Dev, after announcing a $4.7-million contract to build the next generation of search-and-rescue satellites.

Contributing to the Cospas-Sarsat satellite network, which began operations in 1982 and has since saved more than 33,000 lives, the series of Earth-orbiting devices will provide new support for search-and-rescue operations around the world.

"The Medium Earth Orbit Search and Rescue system that will be implemented will provide faster and more accurate detection of emergency distress signals on a global basis, leading to more lives being saved in the future," wrote a spokesperson for the company in a release.

Although the initial contract will last 15 months, the project has potential to be renewed and bring $14 million to the company as Com Dev builds a full prototype.

GRAHAM LANKTREE/METRO

UN. Aglukkaq takes bite out of report on food security

Federal Health Minister Leona Aglukkaq was on the defensive Monday morning at an announcement at an Ottawa grocery store as she criticized a United Nations rapporteur's report on Canada's response to food security — a report she says "has no credibility."

The minister spoke at the Metro grocery store in Ottawa's New Edinburgh neighbourhood to launch the latest phase of the government's Eat Well campaign.

The federal government started the campaign to tackle obesity and promote healthy eating. The initiative will see informational signs posted in grocery stores across Canada designed to encourage shoppers to make healthy food choices.

The topic of "informed choices" was brought up at the announcement when a reporter asked the minister what her thoughts were on right-to-food rapporteur Olivier De Schutter's critical report.

Quoted

"The recommendations going forward, I thought, were very, very one-sided."

Health Minister Leona Aglukkaq
on the UN right-to-food report

The 21-page report — released Monday — slammed the Harper government's decision to scrap the long-form census and negotiate a free-trade deal with the European Union. Census information helps the government understand "who is hungry, food-insecure and malnourished," the report says.

Aglukkaq said Monday after she met with De Schutter last May, she thought he was "very ill informed." He failed to talk to people in northern Canada about their food insecurities before penning the report, she said. JOE LOFARO/METRO, WITH FILES FROM THE CANADIAN PRESS

ESight's Eyewear device allows those with eye damage to see clearly enough to read. CONTRIBUTED

Vision in sight with aid of angel investors

Impending launch. Ottawa startup's eSight technology helps those with eye damage

GRAHAM LANKTREE
graham.lanktree@metronews.ca

A pair of electronic glasses designed and built by local firm eSight to boost the vision of people with eye damage is set to come to market this summer thanks, in no small part, to a band of Ottawa-based angel investors.

"Having the local guys is key," eSight CEO Kevin Rankin said of early funding his company received from the Capital Angel Network that will bear fruit with his firm's product launch in the second quarter of 2013.

"The presence of a local angel-investor network helped validate a number aspects of the company," Rankin added, referring to trips south of the border to approach investors in the medical capital of the world — Boston. "We had a working prototype that had been proven through client and professional evaluation. But the partnership allowed for local validation of the people and the company."

Rankin said his product targets a growing market of up to 109 million people who have suffered eye damage from macular degeneration or diseases such as Type 2 diabetes.

The device is a breakthrough in that it enhances "the contrast of an image in real time," he said, adding that it's not tethered to a desk like other models. "We basically get the visual communication system working better by sending an optimized signal to the eye, which responds by sending a signal to the brain."

When Rankin approached the Capital Angel Network for funding last year, they knew they had a winner, said Parm Gill, the group's executive director.

"To be able to provide sight to people who can't see clearly or at all, that's tremendous," he said. "Global activity in Ottawa today is phenomenal. I wish I had this network when I started back in the '90s. It's encouraging for entrepreneurs."

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Down Under. Up to fifteen Australian miners fired over Harlem Shake video

Up to 15 miners were fired from their high-paying jobs in an Australian gold mine after a Harlem Shake performance underground was deemed a safety hazard, a newspaper reported on Monday.

A YouTube video shows eight miners wearing safety gear while performing the convulsive dance in the Agnew Gold Mine last week. The West Australian newspaper quoted a sacked worker who wouldn't give his name as saying up to 15 people were fired, including some who watched the performance but did not participate.

Mine owner Barminco considered the stunt a safety issue and a breach of its "core values of safety, integrity and excellence," according to a dismissal letter cited by the paper.

The letter noted that Barminco would not allow the dancing workers "to be subcontracted by Barminco at any site domestically and globally."

It's not clear from the video what safety issues are raised. The dancing miners wear helmets, but five are shirtless. The sacked worker told the newspaper that shirts had been removed to ensure the Barminco name did not appear in the video.

Australia is experiencing a mining boom, with thousands of workers attracted by high salaries to remote Outback mines. The West Australian said the miners who lost their jobs had six-figure salaries.

THE ASSOCIATED PRESS

Harlem what?

Up to 4,000 videos of the Harlem Shake are uploaded on the Internet daily.

- **Chart topper.** The song Harlem Shake, recorded by Brooklyn disc jockey and producer Baauer, is currently No. 2 on the Australian singles chart.

Police hunt suspect in death of young family

Newborn lost. Baby delivered after parents were killed in car crash died early Monday

Members of Brooklyn's Hasidic Jewish community demand justice, a spokesman said. JOHN MINCHILLO/THE ASSOCIATED PRESS

A close-knit ultra-Orthodox Jewish community in Brooklyn was plunged into a new round of mourning Monday by the death of a baby who was delivered by cesarean section after his parents were killed in a hit-and-run crash a day earlier.

Police hunted for the suspected driver, identified as Julio Acevedo, saying he was barrelling down a residential street in a BMW at 100 km/h, twice the speed limit, early Sunday when he collided with a car hired to take the couple to the hospital.

The baby was buried near the fresh graves of his parents, Nachman and Raizy Glauber, both 21, according to Isaac Abraham, a spokesman for the Hasidic Jewish community. About 1,000 community members turned out for the young couple's funeral a day earlier.

The baby weighed only about four pounds when he was delivered, friends said. He died of extreme prematurity, according to the city medical examiner's office.

Acevedo, 44, was arrested last month on a charge of driving while under the influence, and the case is pending. He served about a decade in prison in the 1990s for manslaughter.

THE ASSOCIATED PRESS

Bloody Kenyan election evokes past horror

Officials estimated a turnout of nearly 10 million. BEN CURTIS/THE ASSOCIATED PRESS

Kenya's presidential election drew millions of eager voters Monday, but the vote was marred by violence that left 19 people dead, including four policemen hacked to death by machete-wielding separatists.

Officials urged voters not to be intimidated amid fears the impending election results could spark another round of ethnic-related bloodshed. More than 1,000 people died after the 2007 vote.

The election is the first presidential poll under a new constitution designed to prevent the ethnic violence of 2007-08. Officials estimated the turnout at 70 per cent.

The voting got off to a bloody start when a group of 200 separatists set a trap that killed four police in the coastal city of Mombasa, Insp. Gen. David Kimaiyo said.

The separatist group — the Mombasa Republican Council (MRC) — had threatened election-day attacks. The MRC believes Kenya's coast should be an independent country.

An AP tally of the violence found that four police and three MRC members died in Mombasa, while six government officials, four MRC members and two civilians died in the three attacks near the coastal city of Kilifi, all according to police and mortuary officials.

After the polls closed, gunshots and an explosion rang out in the city of Garissa as gunmen stormed two polling stations, said Farah Maalim, deputy speaker of parliament. Security forces responded to the attack and the gunmen fled. THE ASSOCIATED PRESS

2007 election violence

Raila Odinga's loss to Mwai Kibaki in 2007 triggered violence that ended only after international action.

- **Charges.** One of the top 2013 candidates, Uhuru Kenyatta, faces charges at the International Criminal Court for allegedly orchestrating Kenya's 2007-08 post-election violence.

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AVIS est donné à la défenderesse que la demanderesse a déposé au greffe de la Cour du Québec du district de Hull, une requête introductive d'instance. Une copie de cette requête et de l'avis à la défenderesse ont été laissés à l'intention de la défenderesse au greffe du tribunal, au palais de justice de Hull, situé au 17 rue Laurier, bureau 0.210. Il est ordonné à la défenderesse de comparaître dans un délai de 30 jours de la date de la publication de la présente ordonnance.

À défaut de comparaître dans ce délai, un jugement par défaut pourrait être rendu contre vous sans autre avis dès l'expiration de ce délai.

Soyez aussi avisé que la requête introductive d'instance sera présentée pour décision devant le tribunal le 16 avril 2013 à 9h00 a.m. en la salle no 10 du palais de justice de Hull.

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Leaked documents

Cardinals want to talk corruption before papal vote

Cardinals said Monday they want to talk to Vatican managers about allegations of corruption and cronyism within the top levels of the Catholic Church before they elect the next pope, evidence that a scandal over leaked papal documents is setting up one of the most unpredictable papal elections in recent times.

The Vatican said 107 of the 115 voting-age cardinals attended the first day of pre-conclave meetings, at which cardinals organize the election, discuss the problems of the church and get to know one another before voting.

The Holy See's administrative shortcomings were thrust into stark relief last year with the publication of documents stolen from Pope Benedict XVI's desk that exposed petty infighting, turf battles and allegations of corruption.

The pope's butler was convicted of stealing the papers; he eventually received a papal pardon.

THE ASSOCIATED PRESS

Florida

Crews work to uncover sinkhole

Demolition continued Monday on a Florida home above the gaping sinkhole that swallowed a man last week. Crews worked to knock down the remaining walls and begin clearing away the debris in order to reveal the hole.

Once emergency officials and engineers can see the hole more clearly, they can begin planning how to deal with it. They also need to decide what will happen to the two homes on either side of the house. Experts say the sinkhole has "compromised" those homes, but it's unclear whether they can be saved.

A firefighter removes salvage. CHRIS O'MEARA/THE ASSOCIATED PRESS

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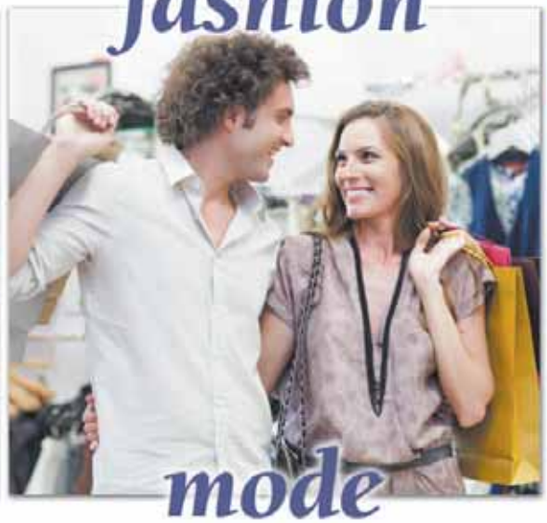

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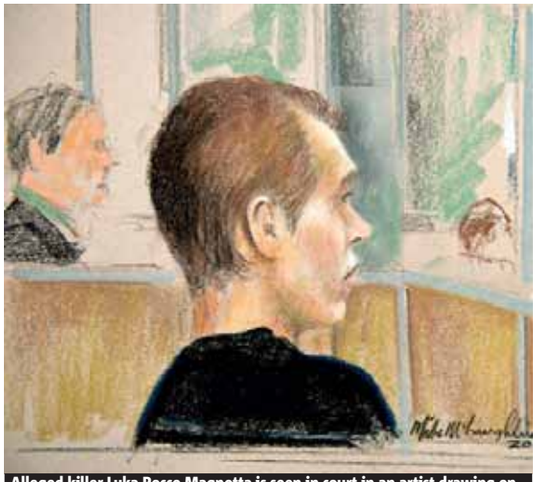
Magnotta wants hearing kept out of public eye

Dismemberment case. Lawyer for accused asks for Montreal courtroom to be cleared of all but judge, lawyers, clerk

When Luka Magnotta returns before a judge for his preliminary hearing next week in Montreal, he'll seek to have the public banned entirely from the courtroom.

While a publication ban on evidence heard at a preliminary hearing is normal, Magnotta's lawyer has also asked to bar everyone except the judge, the lawyers in the case and the court clerk from the room.

The motion states that the grounds for the request stem from an unspecified reason related to Magnotta's personal and medical history, which have not been disclosed in the document.



Alleged killer Luka Rocco Magnotta is seen in court in an artist drawing on Wednesday, Jan. 9, in Montreal. Magnotta is charged with first-degree murder in the slaying and dismemberment of Chinese engineering student Jun Lin. MIKE MCLAUGHLIN/THE CANADIAN PRESS

The motion was filed in Quebec Court last Thursday by Luc Leclair, Magnotta's Toronto-based lawyer. It will be debated next Monday.

Magnotta is charged with first-degree murder and other charges in the slaying and dismemberment of Chinese-born student Jun Lin last May.

Magnotta became the subject of an international manhunt after parts of Lin's body began turning up across the country.

The attempts to track him down made headlines around the world.

A spokesman for the Crown prosecutor's office says this morning that there won't be any comment until after the motion is debated.

Magnotta's preliminary hearing is expected to last at least two weeks and several dates could be added in June, if necessary.

His brief appearances since his arrest have been the subject of heavy media coverage. THE CANADIAN PRESS

Ashley Smith. Inmate was treatable, court hears

Troubled young inmate Ashley Smith wanted to work on her behaviour to get out of her near-constant segregation, but before any real progress could be made she was shipped off to yet another institution, an inquest heard Monday.

Smith had been in secure isolation at a youth facility before she was transferred to the Nova Institution for Women in Truro, N.S., on Oct. 31, 2006.

Psychologist Allister Webster, who worked at Nova while Smith was there, only ended up spending a total of 21 days assessing or treating Smith. In the few months she was at Nova she self-harmed and otherwise acted out a lot, but had also signed off on a therapy plan to get out of segregation, Webster said.

"There wasn't much time to do anything beyond trying to set some groundwork that we might be able to build on, and then she was gone," he said.

She eventually withdrew her consent for treatment, but Webster still believed she could be helped, he said.

THE CANADIAN PRESS

Child sex abuse

Former priest pleads guilty to more crimes

A 90-year-old retired Catholic priest previously convicted of sexually abusing children has pleaded guilty in a Windsor courtroom to two more sex crimes.

Father William Hodgson Marshall pleaded guilty yesterday to two counts of indecent assault involving two teenage boys in incidents that took place during the 1950s and '60s in Saskatchewan.

He's currently serving a two-year sentence after pleading guilty in 2011 to 17 counts of sexually abusing children while teaching at schools in Windsor, Toronto and Sudbury.

The defence is asking for a conditional sentence. CKLW/THE CANADIAN PRESS

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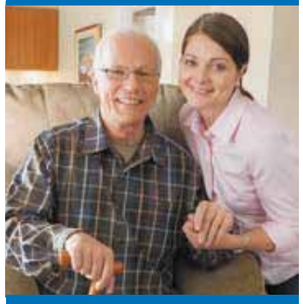

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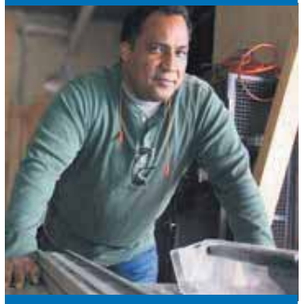

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Surprise! Target opens doors early

Canadian debut. U.S. retail giant fast-tracks launch of three stores

Shoppers on the hunt for a bargain will get their first chance to see Target in Canada starting Tuesday as the U.S. retailer opens its doors north of the border at three locations.

The communities, all located west of Toronto, serve as testing grounds for a phased rollout of the brand across much of the country later this year.

The stores, located in Guelph, Fergus and Milton, will begin welcoming customers Tuesday morning as part of the retailer's "soft launch" opening.

Another 21 stores will open this month throughout Ontario, though specific dates and locations haven't been announced. The chain's "grand opening" is still slated for April.

"We wanted flexibility to make sure we open when we are ready," said Target Canada president Tony Fisher as he toured reporters through the Guelph store on Monday. "It's important that we can test and work out any of the bugs and kinks that we might find."

Even Target employees didn't know until this week that the Guelph location was opening so soon, the company said.

A study from Brand Finance Canada released Monday found that Target's brand strength in Canada is already considered nearly as valuable as domestic retailers like Loblaws, Canadian Tire and Shoppers Drug Mart.

Overall, Target is expected to open between 125 and 135 locations in Canada.

THE CANADIAN PRESS

Market Minute

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By the numbers

92%

According to Target, awareness of the company's brand among Canadian consumers jumped to 92 per cent earlier this year, compared to about 70 per cent in 2011 when the retailer first announced it would open stores in Canada.

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SHE SAYS

Jessica Napier
metronews.ca

The childhood adage that "my body's no body's body but mine" doesn't exactly hold up in a culture obsessed with judging other people's physical appearance. It seems our private bodies — and women's especially — are a public commodity to be consumed, discussed and evaluated.

Much of the discussion around the recent Academy Awards broadcast focused on physical bodies rather than bodies of work. Host Seth MacFarlane dedicated an entire song-and-dance routine to breasts and then went on to praise the female celebrities in attendance for "contracting the flu" (i.e., starving themselves) in order to whittle their waistlines before the ceremony. Best supporting actress winner Anne Hathaway received much more attention for her nipples than her on-stage performance during the Les Misérables number. Similarly, in 2012 Angelina Jolie's right leg dominated the red-carpet conversation on screen and online; one year later there are still over 10 different Twitter accounts dedicated to her exposed limb, although the original @AngiesRightLeg account has since been shut down.

Lena Dunham, the creator and star of HBO series Girls, has been applauded and criticized for deliberately exposing her naked and normal-looking (gasp!) body in almost every episode of her hit TV show. Her unapologetically average flesh — Dunham actually happens to have some weight on her stomach, butt and thighs as opposed to 99 percent of the other women in Hollywood — takes centre stage in much of the discussion surrounding the show. Ballsy writing and poignant story lines be damned — let's talk about those stomach rolls!

Of course, it's not just celebrities who are subjected to this form of superficial scrutiny; the media has a tendency to reduce public figures to, well, figures.

News stories about Michelle Obama spotlight her wardrobe choices, sculpted arms and recent haircut (bangs!), while Justin Trudeau's voluminous hair has even managed to secure its own Twitter account with over 1,000 followers.

There's no doubt that other people's bodies are fascinating, but it's scary to think that lustrous locks might help an ambitious politician become the next prime minster.

Twitter parody accounts that give individual limbs their own online personality might be provide some cheap LOLs, but this relentless objectification of body parts demonstrates just how lazy our generation of smartphone-wielding armchair critics has become.

Sadly, it's just so much easier for us to admire Trudeau for his hair than educate ourselves on his policies or to gawk at Dunham's exposed butt than consider the implications of the sexual politics at work on her show.

When we focus our attention on a person's body — what it should look like and how much of it we want to see — we're not only ignoring more significant conversations, we're elevating the importance of the body and undermining the true value of the individual.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Earth's cut is the deepest

CONTRIBUTED

Scientists probe our planet

Scientists are boldly going deep, deep underground to study the movement of carbon kilometres below the Earth's surface. Early results from the historic 10-year, $500-million research project outline strange new worlds right out of science fiction: colonies of microbes millions of years old, hydrogen-eating life forms and natural gas seeping from chemical processes within the bedrock itself.

The discovery of vast reserves of buried carbon may suggest solutions to the climate-change crisis on the surface. And the Earth's deepest recesses also suggest how life might behave on other planets.

THE CANADIAN PRESS

Volcanoes spit it back

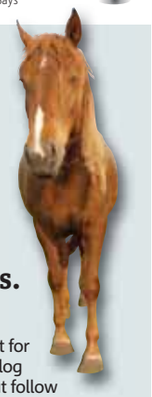
What Deep Carbon has found — so far — is that unimaginably huge amounts of buried carbon have been involved in an intricate and stately dance with life since almost the beginning of the planet.

As long as 3.8 billion years ago, biological processes were breaking down the young Earth's relatively uniform rock, concentrating their carbon and forming different rock types.

The slow drift of continental plates drives carbon-rich rocks from the surface deep underground. Eventually, that carbon comes back as erupting volcanoes belch carbon dioxide, linking the processes of the surface to underground. THE CANADIAN PRESS

Clickbait

From Timon and Pumbaa to Kung Fu Panda, there is nothing like a talking animal. These top animal Twitter accounts keep you updated on the latest from your furry or feathery friends.



@horse_ebooks
"I adore key limes and am always on the lookout for new ways" Inexplicably, this spambot set up to flog e-books has acquired over 150,000 followers. But follow and you'll see why — his/her zen-like tweets confuse and delight, even if they tend to cut off halfway for no reason.

@contrastamanda
"I just squirted 12.3 kgs of milk out of my teats in 5:44 minutes. What did you do today?" Amanda, a real-life Ontario cow, was hooked up to Twitter by her farm in 2010. Sadly, no moos have come from Amanda recently. We hope she hasn't gone to the giant steakhouse in the sky.

@50ShadesChicken
"It's not food porn till you get out the twine." Parody accounts on Twitter are a curious mixture of pain and pleasure, but this account for a best-selling poultry parody cookbook has even managed to entice users who haven't heard of the notorious E.L. James novel.

Twitter

@metropicks: See these city-living "penalty cards"? http://ow.ly/iblbu What sidewalk behaviour annoys *you* most? Tell Metro!

@Dragoniser: @metropicks Idiots on there cell phones not watching where they are walking.

@goodnighthush: @metropicks on rainy days when people walk under awnings with their open umbrellas not moving or adjusting for those without one.

Want to get your tweets here? Follow @metropicks on Twitter for the best of Metro's writers and take part in our daily poll.

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DVD review

The Master

Director. Paul Thomas Anderson

Stars. Philip Seymour Hoffman, Joaquin Phoenix, Amy Adams

Joaquin Phoenix plays raging id to Philip Seymour Hoffman's controlling ego in Paul Thomas Anderson's rich Freudian bromance. Circa 1950, Phoenix's Freddie Quell returns stateside as an alcoholic drifter following Second World War navy service. He meets by chance Hoffman's Lancaster Dodd, the smug, powerful and charismatic leader of a quasi-religion known as The Cause (read Scientology). The two vividly sketched characters engage in mind games as Dodd, whose minions call him The Master, attempts to redeem the fallen sailor — or is it the other way around?

PETER HOWELL

The Twilight Saga: Breaking Dawn — Part 2

Director. Bill Condon

Stars. Kristen Stewart, Robert Pattinson, Taylor Lautner

In this fifth and concluding chapter (finally!) of the young vampire romance franchise, a dreary series manages to find a pulse. It does so not through the drama, which is goofier than ever, but through comedy, some of which is actually intended.

PETER HOWELL

Star of Red Widow weaves a tangled web

Art imitates life. Radha Mitchell finds personal life parallels in her character in new CTV Two series

NED EHRBAR
Metro World News in Hollywood

Red Widow airs on CTV Two on Sundays at 10 p.m. EST. HANDOUT

Radha Mitchell comes to television with Red Widow, playing a woman forced to pick up her husband's criminal activities after he's killed. It's juicy stuff, to be sure, and just what the Australian actress — known for film roles such as Silent Hill, Finding Neverland and Man on Fire — had been looking for.

"Marta Walraven is pretty much my dream character to play," Mitchell says.

"Basically she's a woman who has been avoiding her criminal upbringing by living the life of a soccer mom and is suddenly dragged into a world that she's been trying to avoid pretty much her whole life when her husband is assassinated in relation to a drug incident. And in the process she discovers things about herself and talents that she didn't know she had."

Mitchell says she relates quite a bit to her character, though she's wary to get into specifics. "Well, I guess the parts that I relate to I probably wouldn't really want to share," she says with a laugh. "But in terms of being thrown into a situation, I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary. I came out when I was, like, 23 or something. I didn't know anybody and I was staying on my manager's couch. But it was probably one of the most exciting junctures in my life because, you know, it was all about what could happen. I mean it wasn't scary in the same way, but yeah."

So with a move to television — something very common for film actors these days — does that mean Mitchell's not looking for movies right now?

"I'm over films," she jokes. "I was actually sort of at this point in my life. And also, I feel like exciting characters are on television right now."

A whole new world

"I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary"

Radha Mitchell on relating to her character in Red Widow

When Glee met Archie. Hit TV series and iconic comic join for story arc

Blaine Anderson and Kevin Keller? Betty Cooper and Noah Puckerman? Things are not as they usually are in the halls of William McKinley and Riverdale high schools.

And that's just the way it should be, said Roberto Aguirre-Sacasa, who writes for Glee and penned the four-issue story arc, Archie Meets Glee, that sees Riverdale and McKinley's famous — and vocally talented — students come together in a crossover crash that blends the snark of the television show and the long-standing wholesomeness of Archie, Jughead and Betty, among others.

The two worlds combine this week in the pages of Archie Comics No. 641, a story drawn by artist Dan Parent that extends through issue 644.

Show creator Ryan Murphy said the story honours and celebrates "the two worlds. Not just their similarities, but their differences, which I've think we've done."

Glee and Archie come together. THE ASSOCIATED PRESS

So what prompted it? A friendship between Aguirre-Sacasa and Archie Comics co-CEO Jon Goldwater, who met New York Comic Con in 2011. "The Archie brand is very versatile and we're continuing to explore our limits every day," Goldwater said of the latest crossover.

THE ASSOCIATED PRESS

Bieber contest winner

Fan can't Beliebe her luck

Fans from all over the world entered Metro's two week "I Beliebe in Love" contest for a chance to meet Justin Bieber. But it was 15-year-old Valeria Viteri, from Peru, who captured our Global Jury's attention and the most votes (an impressive 9,022!). Viteri will have a once-in-a-lifetime VIP experience during Bieber's "Believe" tour in Europe and will even get to meet the pop star. Viteri couldn't stop screaming when she got the phone call notifying her she'd won.

How do you feel about meeting Justin Bieber?
I am extremely excited and still cannot believe it's true. It means so much to me, to meet him and tell him how much I love him. I hope I don't get star struck.

How have you prepared yourself for this?
The day of the deadline I came running home from school, checked the Facebook page and there it was: I was the winner! I am so happy and want to thank all of my friends who supported me with their votes.

MWN

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hollywood's next pint-sized power couple?

THE WORD
Dorothy Robinson
scene@metronews.ca

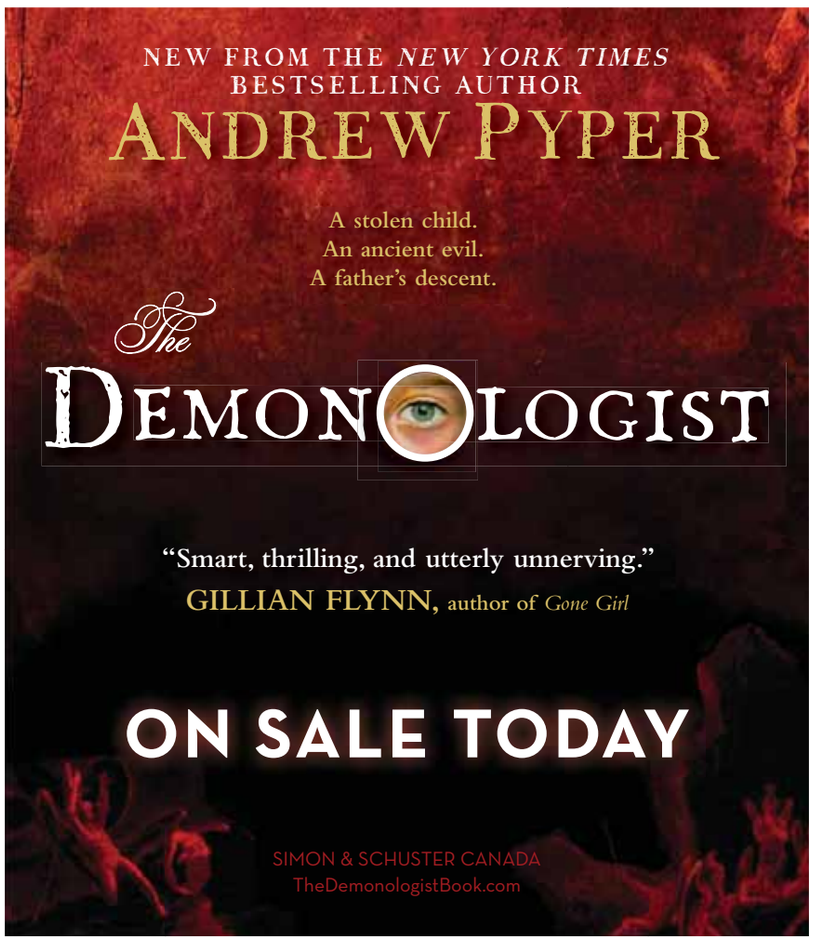
In today's Lifestyles of the Rich and Famous: The Prepubescent Set, it looks like Jaden Smith, 14, and Kylie Jenner, 15, are going steady.

"They're dating," says a source close to Jenner. "It's new, but they've been friends forever."

Jaden, who was in London recently for Justin Bieber's 19th birthday party, took Jenner to Caffe Nero in London's Piccadilly Square on Sunday.

Jenner was previously dating Australian pop star Cody Simpson. So this is it. Welcome to your future:

We're going to be reading about who these two are dating for the next 30 years. Starting now. Horrifying, isn't it?



Biebs explains why he bashed his own birthday

Justin Bieber

Justin Bieber is taking issue with reports that he had the "worst birthday" — as he referred to Friday's celebration via Twitter — because some of his friends were barred entry to the nightclub where he was celebrating.

"The funny moment when people believe I brought underage people to a club," Bieber says in a post on Instagram. "I love how the club wanted to give the press another reason to why we didn't stay at their weak-ass club so they wouldn't look bad for me walking in and right back out."

As for what was behind his enigmatic two-word tweet? "I said 'worst birthday,' but that was due to dummies pushing over my fans and being overly aggressive," he writes. "It wasn't the worst birthday because all my friends from back home flew in. I was just mad in the moment."

Adele ALL PHOTOS GETTY IMAGES

I'd like to thank my mom: Adele's son gets his own golden statue

Clearly receiving an Oscar statue for Skyfall gave Adele some ideas. Back home in London after last week's Academy Awards, the singer posted a photo to Twitter of her best song Oscar alongside a smaller replica award that read Best Son, a souvenir she picked up for her baby boy, born in October. "Thanks for having us, Hollywood," she wrote along with the photo.

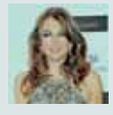
Ben Affleck

Move paps, get out the way: Ben and his space bubble

Ben Affleck is used to a certain amount of paparazzi attention, but sometimes enough is enough — like late last week when some photographers got too close for comfort around Affleck and his four-year-old daughter, Seraphina. The paparazzi reportedly swarmed the father and daughter outside of her school, according to Us Weekly. "She was asking for them to stop," a source says, adding that Affleck asked them numerous times to back off. "The paps said they needed to be 'that close.'"

Twitter

@ElizabethBanks
Do you have a bad relationship w tequila? Maybe you just haven't met the right one...



@ElizabethHurley
I adore my puppy Mia but she is proving to be VERY DIFFICULT to house train. anyone else been challenged by cocker spaniels?!

@Bitchuation
why do people want an oscar so much? i take mine out and look at it five or six times a day and i feel nothing.

The 50 Shapes Workout

Fitness. A new workout promises to get you toned and flexible enough to reenact the tricky sex positions in the Fifty Shades trilogy. Creator Kristen James explains how self-love, strength and stamina equals great sex

ROMINA McGUINNESS
romina.mcguinness@metro.lu

You don't say no to this personal trainer. THINKSTOCK

Throughout the Fifty Shades trilogy, the main protagonists, Anastasia Steele and Christian Grey have "ridiculous, off the hook sex" every other day, Kristen James, the fitness trainer behind the 50 Shapes Workout tells Metro.

"I kept hearing women say, 'Who has the stamina or the flexibility for that kind of sex?'

"Anastasia wasn't just on her back. She was contorted all over the place."

But that's fiction. According to James, women are exhausted. "They don't have enough stamina in the bedroom."

James wanted her workout to help women look and feel better. "You should never have to turn the lights off during sex. I want them to develop the strength and confidence to reenact the crazy positions described in the books."

IN FOCUS: THE 50 SHAPES WORKOUT

The Pilates based exercises are designed to help you execute moves from the book. "The better you feel about your physical appearance, the more empowered and able you are to pleasure yourself and your partner," says James. "Over time, the workout will create long, limber muscles and help you bend over in a pair of really high heels."

Here's what it will help you achieve:

A strong core

With age, women tend to hold body fat around the mid-section. The stomach area is what women dread the most, explains James, but doing moves that work your core will tighten things up. "A man likes to grab on to a nice cushy bum. Not a flabby tummy. Develop your core strength here (abs, obliques, lower back) and everything becomes much easier to execute," she adds.

Your abs will be on fire by the time you're done with the workout.

A taut pelvic floor

Kegel exercises will intensify your orgasms, says James. "After childbirth, the muscle is all stretched out and women may become a little less sensitive. Your pelvic floor is a muscle. If you strengthen it by doing Kegels, it will get so tight and taut so that when you do reach climax — sensations will be 10 times more powerful."

Get started by doing three sets of 10 James' Seductive Squats a day.

Toned legs & bum

Doing the Lusty Lunges will target the little pockets of cellulite that tend to appear on the side of the thighs. The Bend Over Better move will tighten your glutes. Stick to the workout for 30 minutes, three times a week for "a better, bolder sex life."

To purchase the 50 Shapes Workout, go to kristenjamesfitness.com.

Sample sexercises

Night moves

James says she incorporated more flexibility training and core strength into common exercise routines. "All you need is a mat and chair. And a bed for later."

Seductive Squats

Stand with your feet wider than hip width apart and turn your toes out 45 degrees. With a neutral spine, elevate up onto your toes and lower your hips down to knee height. As you return up, perform one Kegel contraction.

Bend Over Better

Stand with your feet hip width apart, toes facing forward. Soften your knees. With your back flat, extend forward touching your toes. As you rise, elevate up onto your toes and extend your arms overhead.

Lusty Lunges

Stand with your feet wider than hip width apart and your toes facing forward. Lunge to the side deeply into one leg being sure to sit back into your glutes as you descend. Reach for your toe with the opposite hand as your other arm reaches overhead allowing for some rotation to your spine.

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AVIS est donné aux défendeurs que la demanderesse a déposé au greffe de la Cour du Québec du district de Hull, une requête introductive d'instance. Une copie de cette requête et de l'avis aux défendeurs ont été laissés à l'intention des défendeurs au greffe du tribunal, au palais de justice de Hull, situé au 17 rue Laurier, bureau 0.210. Il est ordonné aux défendeurs de comparaître dans un délai de 30 jours de la date de la publication de la présente ordonnance.

À défaut de comparaître dans ce délai, un jugement par défaut pourrait être rendu contre vous sans autre avis dès l'expiration de ce délai.

Soyez aussi avisé que la requête introductive d'instance sera présentée pour décision devant le tribunal le 16 avril 2013 à 9h00 a.m. en la salle no 10 du palais de justice de Hull.

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Tests that you don't want to fail

Screening. Prevention is key, so keep an eye on what's going on in your body

LINDA CLARKE
Metro World News in NYC

Screening is an important part of preventative health care. We asked Dr. Michael Smith, chief medical editor of WebMD, which tests the average person needs and when.

In your 20s

Blood pressure
"Everyone should get their blood pressure tested — how often depends on the result: certainly during your annual physical, if it's higher, more often than that."
Diabetes
"Two-thirds of adults are overweight and possibly pre-diabetic."
Skin cancer
"Do regular self-exams (and) look for any changes. See your doctor if you're concerned."
Just women — cervical cancer
"Twenty-one is the recommended age for women to start pap smears."
Just men — testicular cancer
"There's some controversy over testing for testicular cancer, but the American Cancer Society recommends age 20."

In your 30s

Cholesterol
"Anyone at risk should start in their 20s, but for everyone, by age 35 it's more essential."
Glaucoma
"There are no symptoms, but if you lose your sight from glaucoma, it doesn't come back."
Hypothyroid/Hyperthyroid
"The thyroid regulates metabolism and just about everything in the body. Testing is becoming more common, especially for women."
Just women — HPV
"Many women test positive in their 20s and it goes away. In your 30s, conditions should be monitored."

40s and above

Colorectal cancer
"At age 50, the ACS recommends colorectal screening."
Just women — breast cancer
"There's some controversy, but the ACS says at age 40 women should start mammograms every other year. Talk to your doctor about when to start testing."
Osteoporosis
"It's generally age 50. Sometimes women with a family history get tested earlier."
Just men — prostrate cancer
"Begin the discussion with your doctor at age 50. No one recommends regular PSA blood tests until then."

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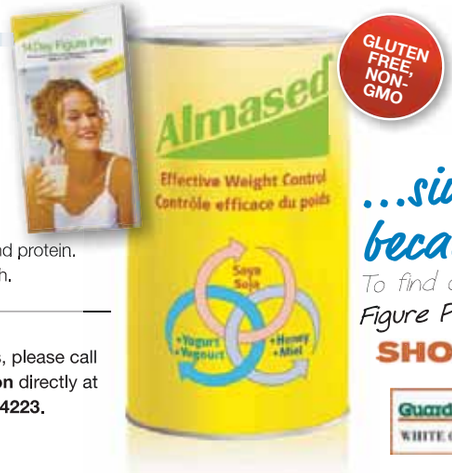

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Lunch: 1 bowl of vegetable broth
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Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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Stuff salmon to perfection with olives and tomatoes

ROSE REISMAN
for more, visit
rosereisman.com

This olive and sun-dried tomato mixture is incredible with salmon, but it also goes well with halibut or sea bass.

If you don't have both types of olives on hand, remember that green have a more intense flavour and black are milder. If you like, add some thinly sliced olives as a garnish.

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 3 tbsp chopped black olives
- 3 tbsp chopped green olives
- 3 tbsp chopped rehydrated sun-dried tomatoes
- 2 tbsp seasoned breadcrumbs
- 2 tsp olive oil
- 1 tsp crushed fresh garlic
- 1 tsp Dijon mustard
- Four 4-oz skinless salmon fillets
- 3 tbsp chopped fresh parsley

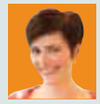
1. Preheat the oven to 425 F. Spray a baking sheet with cooking oil.

2. Finely chop the olives, sun-dried tomatoes, breadcrumbs, oil, garlic and mustard, either by hand or using a small food processor.

3. Make a 1/4-inch vertical slit through the top of each salmon fillet to within 1/4 inch of each end. Divide filling and stuff the fish. Bake in centre of the oven 10 minutes per inch of thickness. Garnish with fresh parsley. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Caviar of the people



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Caviar is an exclusive delicacy of fish eggs from sturgeon fish but there are other fish roes equally high in taste, vitamin B12, fat soluble vitamins including the nutrient du moment, vitamin D.

Culinary cultures from all over the world have made use of the roe from more plentiful cod, lumpfish and mullet. Search in French, Italian, Greek or Asian communities for the best selection.

- Poutargue is a Marseille, France specialty making use of the entire mullet fish egg sac which is salted, pressed and cured just like an Italian Prosciutto. It is meant as a thinly sliced garnish and is outstanding.

- Taramasalata is the Greek dip made from mashed potato, cod roe, olive oil and lemon juice.

- Lumpfish roe is the larger orange eggs found on sushi. Its bright orange colour and very salty pop add dimensions of flavour.

Fish eggs are highly salted and naturally high in cholesterol, but they are most often only enjoyed in small amounts as garnish. Go ahead, dine like the kings. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Savouring our dinnertime

The chef. Metro talks to Vikram Vij about eating with your kids and his upcoming online cooking show

THERESA ALBERT
life@metronews.ca

Vikram Vij, an award winning chef in Vancouver, wants you to find time for family meals. His mission starts in the form of Canada's first live online cooking show.

His simple Indian meal is family friendly and he will show you step by step in a cook-along live video broadcast with Metro at metronews.ca/vijcooklive this Thursday at 6 p.m. ET.

Better yet, questions can be tweeted live during the show using the hashtag #vijcooklive.

Did you grow up eating with your family? In Canada?
I grew up in India and left home at 19. It was a cultural to have family dinner because my dad was strict insisted on dinner at 8 p.m. every night. At the time it seemed strict but my father wanted to connect with his family. Now as a parent myself, I can't do this every night, but on my days off it is a more formal affair where the kids set the table and we cook, savour and appreciate.

How old are your kids?
My children are now 14 and 16 and I find I learn a lot around the dinner table listening to them. There's an opportunity to model moral lessons. I learned social lessons at the dinner table watching my father dominate my mother, who was a typical Indian woman. I learned to protect my mother when she needed it. Eating together keeps people interacting and that is an important part of life.

Is this a job, career or mission?
Feeding people has deep roots of awareness of cuisine and culture... More than anything, eating together is important, but in my culture, we serve food as a symbol of sharing.

What is so great about eating with the family? Most families bicker!
What's wrong with bickering? If you are using pots and pans in the kitchen, it's going to make noise. If you have people coming together, they are going to make noise. That's what life is all about. I would rather have someone to bicker with than be alone and eating. Humans need to discuss and debate, it's natural.

How about picky kids?
My dad was the child at the table because he didn't like spicy food, but for me, I always wanted it spicier. Now, one of my children doesn't like spice. The thing parents need to be sure of is that kid's bodies will tell them to eat. They will eat what is put there. The only trick is to slowly integrate flavours into the meals and get them accustomed to it.

How many families do you know who are all home at the same time? Are we being impractical?
Listen, family meals don't mean that you have to be all together all the time. The effort needs to be made, that's it. The physical art of being together in the room, sharing food simply needs to be a goal.

Can everyone accomplish this?
I think it is possible for us to go toward the goal. It is the idea that is important. Anything can happen if you stay focused... it is more about communicating. Food is the most important common denominator. ... Involving the kids at every step of the way is important because it keeps the whole community together.

What about using shortcuts or prepared products?
We don't all have to do everything ourselves. What's wrong with letting someone else pick, shell and package the finest peas for you? Shortcuts are fine if they are really good quality. The best shortcut there can be is to have kids help. In Indian or Asian cultures, where eating together is the norm, you had help of family or servants. Cooking is a lot of work, we don't have servants anymore ... now we have kids.

Cooking with Vij

- Want to cook along with Vij? A complete shopping list and the recipes for his online cooking show are available for download at metronews.ca/vijcooklive.
- Remember to go online Thursday at 6 p.m. ET for Canada's first live online cooking show.

Vikram Vij with his wife Meeru Dhalwala. PROVIDED

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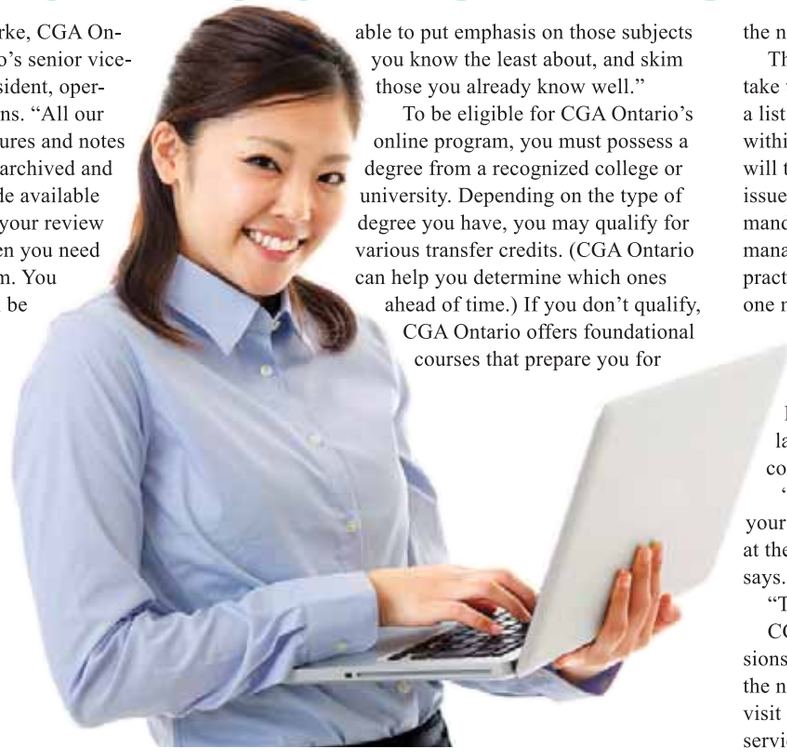
You can start your journey today by enrolling in CGA Ontario's online program. This program gives you 24-hour access to your learning environment, allowing you to study at a time and location that is best for you, even while maintaining a full-time work schedule.

"You'll receive feedback from your instructor and peers, just as in a traditional classroom," says John-Derek Clarke, CGA Ontario's senior vice-president, operations. "All our lectures and notes are archived and made available for your review when you need them. You will be able to put emphasis on those subjects you know the least about, and skim those you already know well."



To be eligible for CGA Ontario's online program, you must possess a degree from a recognized college or university. Depending on the type of degree you have, you may qualify for various transfer credits. (CGA Ontario can help you determine which ones ahead of time.) If you don't qualify, CGA Ontario offers foundational courses that prepare you for the next step.

The online program requires you to take two elective courses, selected from a list of six. Both can be completed within one year. Following this, you will take two certification courses — issues in professional practice, which is mandatory, and either strategic financial management or applications in public practice. Completing these courses takes one more year.

Earning your CGA designation also requires a minimum of two years of work experience. However, you can begin accumulating this before your studies are completed.

"CGA Ontario lets you complete your academic and applied requirements at the same time, if you wish," Clarke says.

"The choice is yours."

CGA Ontario offers four program sessions per year. The deadline to apply for the next one is May 28. To learn more, visit cga-ontario.org, or contact a client service adviser today at 800-668-1454.

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Season for home improvements

Value. Different ways you can finance your project to spruce up your home

YLVA VAN BUUREN
For Metro

Home improvements can increase the value of a home — and often make living there more enjoyable, too. JUPITERIMAGES/GOODSHOOT/THINKSTOCK

Home improvements can increase the value of a home — and often make living there more enjoyable, too. Here are the most popular ways to borrow money to fix up your home this spring:

• Secured LOC: If you have equity in your home, probably the best, most convenient, and lowest interest rate product is a home equity line of credit. They can be had for prime plus a half a percent, says David Smith, a mortgage broker and partner at Oriana Financial, Toronto.

"An LOC gives you the flexibility to draw money when you need to and pay it back when you're able," says Judi Forbes, branch manager, Meridian Credit Union, Courtice, Ont. While there are usually fees, they are worth it if you are doing big renovations, she says.

• Unsecured LOC: "If you need a small amount, for example $10,000, I recommend looking at an unsecured LOC because there are no other fees," Forbes says. "The interest rates are higher but relatively low for borrowing."

• Refinancing: If you have equity available in your home, refinancing your home is a great option, says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning. "If you took out a mortgage five years ago, refinancing the mortgage now to bump it for renovations will also likely get you a lower rate."

Often, when you refinance the existing mortgage, the financial institution will take the interest rate you are paying now, add the renovation funds to the amount, and blend those rates to whatever term you choose.

Should you get an LOC or refinance? It can depend on your borrowing habits, says Forbes. "If someone always carries a balance or max's out their credit cards, I would recommend refinancing the existing mortgage because it puts them on a regular payment plan."

Riding the interest rate train

Interest rates are at a 60-year low, which makes borrowing money for home ownership — and improvement — very attractive. But how long can these rates last?

"As long as the United States is committed to a zero interest policy we really can't raise our rates either," says David Smith, a mortgage broker and partner at Oriana Financial, Toronto. "I think we've got a good two or three more years to ride this train."

The Bank of Canada sets the bank rate, which is the rate of interest it charges major financial institutions when they borrow money. Then, the financial institutions set their own rates depending on the product, various market forces, and their own profit margins.

"The cheapest money is always money that's secured on a property," Smith says.

That means mortgages and secured lines of credit are the most inexpensive right now. Keep in mind that lines of credit are generally not as low because they are "revolving," Smith explains. "You can pay the money back and then re-borrow it while a mortgage doesn't typically allow you to do that."

Loans that are not secured on property are markedly more expensive, and credit cards carry the highest interest rates at 17 to 20 per cent, and as high as 29 per cent for store credit cards.

Experts recommend that consumers shop around and weigh interest rates against the product and the term.

You will find five-year rates for less than three per cent. "We're doing 10-year mortgages for about 3.65 percent," Smith says.

"I think in five years, rates will be significantly higher than they are now. So, yes, I'm doing five-year mortgages at 2.89 per cent and it is more expensive to take the 10. But you'll be protected in the long run."

YLVA VAN BUUREN

Are you looking for a new car? You will likely need financing for your new toy, so do your homework before borrowing. ISTOCKPHOTO/THINKSTOCK

Borrowing. Do your homework

KELLY PUTTER
For Metro

Time to trade in that old junker for a shiny sports car? Or perhaps you are jonesing for serious summer cruising on a new Harley or powerboat?

Either way, you will likely need financing for your new toy so what are the best ways to borrow without getting burned?

As practical and dull as this may sound, do your homework first, recommends Scott Hannah, CEO of Credit Counselling Society, one of Canada's largest organizations that helps people manage money and debt.

"People spend a lot of time looking at the features of their new toy," Hannah says. "But they've likely only spent about 15 minutes analyzing whether or not they can afford it."

Go online and find out. Think about worst-case scenarios: What if I lose my job? How much should I put down on the purchase? Do I have enough emergency savings on hand to pick up the slack if something happens?

Can you afford it?

"People spend a lot of time looking at the features of their new toy. But they've likely only spent about 15 minutes analyzing whether or not they can afford it."

Scott Hannah, CEO of Credit Counselling Society

It's always best to use cash on depreciating assets such as cars. But if that's not possible it's important to shop around for loans. Hannah suggests starting with the manufacturer's financing deal. Then see if your bank or credit union can match it. Be wary of low or no interest loans since manufacturers have built those savings into the cost of the vehicle and there is typically less room to negotiate on price.

When purchasing items that have a shelf life such as a vehicle, don't use a line of credit or low-interest credit card that offers rewards points, Hannah says. As attractive as they might be, it's better to get a low-rate term loan with a fixed payment since you will pay less interest and likely pay the loan off sooner.

The current interest rate on personal loans ranges from five to seven per cent. An unsecured line of credit runs one to four per cent, while credit cards generally hover around 20 per cent.

So if you are a good credit risk borrowing $20,000 over 72 months at 1.9 per cent, your monthly payments will be $295 and interest will cost you $1,245 over the life of the loan. By comparison, if your credit rating is poor you will pay six per cent in interest, which raises your monthly payments to $387. Over a 60-month loan period, the interest will be $3,250, nearly triple that of the borrower with good credit.

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Allison on Money. With less time to recover losses, it's time to protect what you've got

YOUR MONEY
Alison Griffiths
money@metronews.ca

A Vancouver acquaintance recently told me about his financial mess. He had owned a condo, which he loved, in Vancouver near foodie heaven, Granville Island.

During the rising market he decided to buy down and put a big chunk of cash into his thin retirement savings.

The moment he put the condo up for sale last spring, the market softened. He gambled by purchasing a cheaper condo, which had just dropped significantly in price.

His reasoning was that he got such a good deal on the purchase he could afford to take less on the sale of the existing condo and still come out ahead financially.

But prices softened again and as a result he owned two condos in a falling market. Eventually he was forced to sell the condo he loved to pay for the one he didn't. Worse, he didn't pocket any additional cash. Now at the age of 59 he feels he's ruined his future.

What's the lesson here? First and foremost, protect what you've got, particularly as the years roll on, because you have less time to recover losses.

A new Investor Education Fund (getsmarteraboutmoney.ca) study showed that half of those over 50 believe they'll run out of money in the first 10 years of retirement.

It isn't easy for the average person to put together a nest egg, be it a savings account, equity in a house or business, or a pension. Never, ever gamble with your nest egg. I had a prime example of how that mindset worked growing up.

My dear departed dad wasn't a genius with money, but he had one great asset, a civil service pension. He protected it as one would a baby. Even during the family's hard times when he lost his job and subsequently returned to school, he resisted the temptation to cash it in.

Bear in mind, back in the 1970s and '80s many took pensions for granted. Cashing in didn't seem like such a big deal. Thanks to his vigilance, he ended up with a comfortable retirement even though he still had a mortgage.

Learn from my Vancouver friend and my dad. Safeguard savings or home equity and never gamble with them for any reason.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In numbers

33%

33 per cent of Canadians don't believe they have enough saved for retirement.

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Life after the penny

Do you remember where you were on Feb. 4, 2013 when the Royal Canadian Mint (RCM) stopped issuing pennies? Perhaps you walked by one on the sidewalk but didn't bother to pick it up — to your peril. There goes your chance of having a lucky day, as the old adage goes. Oh well, it doesn't really matter now does it?

Research by Desjardins Group's economists found that maintaining the penny costs Canadians an estimated $150 million a year.

Thanks in part to this analysis, the federal government announced last year that it would withdraw the one-cent coin. Don't worry though, this definitely wasn't a case of being penny wise and pound foolish. Frankly, the penny lost its shine ages ago: it costs 1.6 cents each to produce and its purchasing power has been greatly reduced, partly because Canadians have been hoarding them for years.

By eliminating the coin, there will be a significant savings to the environment and the economy in general due to the reduction in handling costs for retailers, financial institutions and consumers.

As a result, the transition costs for the government to gradually withdraw the penny — which may be in the tens of millions of dollars over the next few years — will be minimal compared to the recurring annual savings Canadians will see down the line.

The penny lost its shine long ago. It costs 1.6 cents to produce. ISTOCK IMAGES

Gone but not forgotten

Although the RCM is no longer minting the penny, it will maintain its value and legal tender indefinitely. And some businesses will still accept it as a form of payment. As pennies are withdrawn from circulation, prices will be rounded to the nearest nickel for cash transactions. Non-cash transactions (debit card, credit card, prepaid card, cheque, etc.) will continue to be settled to the nearest cent.

Don't cry for the penny, it had a good run

What will the RCM do with all the lowly pennies that are returned? They will be melted down and recycled, which will create a revenue source for the government to help offset the transition costs.

Great use for your old copper

If you're the proud owner of a terrarium full of pennies and would rather not roll and return the lot to your local financial institution, consider donating them to a local charity. NEWSCANADA

NFL

Ravens sign Flacco to $120M deal

Baltimore Ravens quarterback Joe Flacco signed a new contract Monday worth $120.6 million US over six years, making him the highest-paid player in NFL history.

Joe Flacco
GETTY IMAGES FILE

The Super Bowl MVP will receive a $29-million signing bonus and $52 million in guaranteed money. He will be paid $51 million over the first two years of the deal.

Flacco, 28, threw 11 touchdown passes and no interceptions during the recent post-season and led the Ravens to a 34-31 Super Bowl win over San Francisco.

THE ASSOCIATED PRESS

NHL

Draft-lottery system revamped

The NHL is increasing the number of teams eligible to make the No. 1 pick in its draft to 14, and announced that all seven rounds of the draft at the Prudential Center will take place June 30.

The league announced Monday that all 14 teams that miss the playoffs, or the teams that hold the rights to the top 14 picks, will be eligible for the No. 1 draft pick.

Under the previous lottery system, the five teams with the fewest points had the opportunity to win the top selection since no team could move up more than four spots.

THE ASSOCIATED PRESS

Own the Podium

Read steps down as Sochi looms

Ken Read is resigning from one of the most powerful positions in Canadian sport.

The former Crazy Canuck on the Canadian men's alpine ski team is stepping down as director of winter sport for Own The Podium less than a year out from the 2014 Winter Olympics in Sochi, Russia.

The 57-year-old from Calgary says "it was time to step away and move on."

THE CANADIAN PRESS

Joey Votto walks into the dugout before a Cincinnati Reds spring training game against the San Diego Padres last week in Peoria, Ariz. CHRISTIAN PETERSEN/GETTY IMAGES

Votto packs his bags to join Team Canada

WBC. With injury concerns eased, star first baseman will suit up for national team

Joey Votto wanted to say sorry, but only for making everyone wait on the best news Canada has had ahead of the World Baseball Classic.

The Cincinnati Reds first baseman will be in Canada's lineup after an uncertain spring training kept him from committing to the international tournament. Votto missed 48 games last season with a knee injury, but on Monday he finally put to rest fears that Canada would be without the heart of its offence.

"I was very clear to everyone that I needed the games to make sure my knee was healthy and heading in the right direction," he said at Reds training camp. "I feel confident in it and confident in my commitment. I feel I can comfortably play."

The Toronto native needed to be sure of that before saying yes to Canada.

"I've never been hurt before," said Votto. "I wanted a little more of a grace period before the tournament to make sure I'm ready for my primary commitment to the Cincinnati Reds."

The news brought a sense of relief to Canada's training camp, which opened Monday morning.

Earlier in the day the team learned Chicago White Sox reliever Jesse Crain was out with a shoulder injury, leaving the bullpen without a veteran arm. Last week, Pittsburgh Pirates catcher Russell Martin opted out of the roster, which was already missing several veterans, including outfielder Jason Bay and pitchers Ryan Dempster and Jeff Francis.

Losing Votto would have been another major blow, but he was committed to playing for Canada. Once he decided he was healthy and had the Reds' blessing, there was no way he would miss the WBC.

"I grew up with a few of the players on the team and that goes beyond any of the Team Canada stuff," said Votto. "These are the same guys from my hometown or within a few minutes of where I grew up. You very rarely get a chance to play with your neighbour."

Votto, the 2010 National League MVP, is a career .316 hitter, with 133 homers and 457 RBIs. Manager Ernie Whitt said the 29-year-old's importance to the team couldn't be overstated.

"I would be lying if I said there wasn't nervousness, but we're really excited to have our No. 3 hitter in there," said Whitt. "He means a lot to this ballclub. So we're really thrilled about that."

THE CANADIAN PRESS

Two Canucks to watch

Brett Lawrie

Lawrie, then just 19 years old, made an appearance as a pinch runner in 2009 WBC but never had an at-bat for Canada. Now the Blue Jays third baseman, Lawrie will try to make his mark at the tournament. The Langley, B.C., native had 11 homers, 48 RBIs, 73 runs and a .273 average in 125 games last season.

Jameson Taillon

Canada's not-so-secret weapon, Taillon was the second overall draft pick in 2010 behind Washington star Bryce Harper and is expected to anchor the Pittsburgh Pirates' starting rotation in the next few years. Born in the U.S. to Canadian parents, Taillon was recently ranked 15th among 100 MLB prospects.

Quoted

"It's big, obviously. Not only is (Votto) Canadian, but one of the best players in the tournament no matter where he's from."

Justin Morneau on Joey Votto's decision to join Team Canada. Manager Ernie Whitt said Votto and Morneau would likely swap games at first base and designated hitter.

4 SPORTS

Six highlights at the half

The lockout-shortened NHL season has featured several surprises as it nears the midway point — some pleasant and others downright ugly. Here's a look at some highlights so far of the abbreviated campaign

THE CANADIAN PRESS

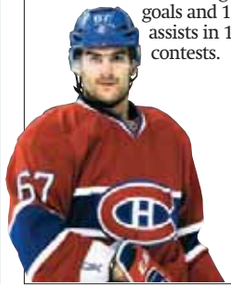
Photos by Getty Images

Historic Hawks

The Chicago Blackhawks (19-0-3) have put together a record season-opening run after facing questions about their goaltending and character. Chicago has yet to lose in regulation. Starting goaltender Corey Crawford has posted a 1.41 goals-against average. Meanwhile, Patrick Kane ranks among the league's top scorers.

Habs holding No. 1

The Canadiens, sitting in top spot in the Eastern Conference, have made a resurgence in coach Michel Therrien's second stint behind their bench. Max Pacioretty, announced Monday as the NHL's first star of the week, has eight goals and 12 assists in 18 contests.

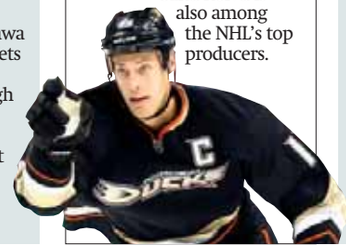


Success in Canada

Don't look now, but the Toronto Maple Leafs are sitting in the middle of the pack in the East. The Vancouver Canucks, Ottawa Senators and Winnipeg Jets are also positioned well. Ottawa is playing at a high level despite key injuries and Winnipeg is in the race to win the Southeast Division.

Ducks rejuvenated

After missing the playoffs last season, the Ducks have a firm hold on second place in the West. Coach Bruce Boudreau has made the Ducks appear mighty again. Captain Ryan Getzlaf ranks among the league's top scorers after struggling last season, and 38-year-old Saku Koivu is also among the NHL's top producers.



Scoring duel

Two young stars are battling for the NHL scoring lead. Pittsburgh's Sidney Crosby is clearly back in top form after missing most of the past two seasons with concussion issues. Meanwhile, Tampa Bay's Steven Stamkos is demonstrating that he will not surrender the goal-scoring title that he won last season without a fight.

Wild finding balance

The Wild have gotten back in the playoff race after adjusting to the arrival of new high-priced stars Zach Parise and Ryan Suter.

Brier

Martin stuck on 1 win in Edmonton

The hometown team is struggling at the Canadian men's curling championship.

Alberta's Kevin Martin lost 8-1 to Northern Ontario's Brad Jacobs on Monday, dropping the reigning Olympic champion and four-time Canadian champion to 1-3.

"It is hard to hang your head," Martin said. "There's no reason to I think. It's just we've got to smarten up and curl better."

The top four teams at the conclusion of the round robin on Friday advance to the Page playoff.

Three losses doesn't put Martin's team in the danger zone yet, but the Edmonton foursome is running out of wiggle room early at the Tim Hortons Brier.

THE CANADIAN PRESS

Alberta skip Kevin Martin

THE CANADIAN PRESS

NHL. Sabres' Kaleta gets 5 games for hit on Richards

The NHL suspended Buffalo's Patrick Kaleta for five games Monday, its stiffest punishment of the season.

The Sabres forward shoved Rangers centre Brad Richards from behind and into the boards on Sunday night.

The suspension will cost the gritty right-winger more than $72,000 in salary, and he won't be eligible to return until March 17, when the Sabres play at Washington.

The ruling came down a day after Kaleta blindsided Richards in the back and sent him sliding headfirst into the boards in the third period of Buffalo's 3-2 shootout loss at New York. Kaleta was assessed a major penalty for boarding and a game misconduct, which resulted in an automatic review by the league's department of player safety.

In reviewing the play on a video posted on the league's website, NHL disciplinarian Brendan Shanahan noted Kaleta shoved a defenceless player from behind. He added, "Kaleta is in full control of this play, and has ample opportunity to make a better decision."

Shanahan took into account that Richards was shaken up, but returned soon after. He also noted Kaleta had been suspended twice before in his career. THE ASSOCIATED PRESS

Patrick Kaleta of the Buffalo Sabres hits New York Rangers centre Brad Richards from behind on Sunday in New York. Kaleta was suspended five games for the hit by the NHL on Monday. BRUCE BENNETT/GETTY IMAGES

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	43	14	.754	—
Indiana	38	22	.633	6½
New York	35	21	.625	7½
Atlanta	33	25	.569	10½
Chicago	34	26	.567	10½
Brooklyn	34	26	.567	10½
Boston	31	27	.534	12½
Milwaukee	29	28	.509	14
Philadelphia	23	35	.397	20½
Toronto	23	37	.383	21½
Detroit	23	39	.371	22½
Cleveland	20	39	.339	24
Washington	19	39	.328	24½
Orlando	16	44	.267	28½
Charlotte	13	46	.220	31

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	47	14	.770	—
Oklahoma City	43	16	.729	3
L.A. Clippers	43	19	.694	4½
Memphis	39	19	.672	6½
Denver	38	22	.633	8½
Golden State	33	27	.550	13½
Utah	32	27	.542	14
Houston	33	28	.541	14
L.A. Lakers	30	30	.500	16½
Portland	27	31	.466	18½
Dallas	26	33	.441	20
Minnesota	20	36	.357	24½
Phoenix	21	39	.350	25½
New Orleans	21	39	.350	25½
Sacramento	21	40	.344	26

Note: division leaders ranked in top three positions regardless of winning percentage.

MONDAY'S RESULTS
New York at Cleveland
Utah at Milwaukee
Miami at Minnesota
Orlando at New Orleans
Atlanta at Denver
Charlotte at Portland
Toronto at Golden State
SUNDAY'S RESULTS
Miami 99 New York 93
Oklahoma City 108 L.A. Clippers 104
Memphis 108 Orlando 82
Sacramento 119 Charlotte 83
Washington 90 Philadelphia 87
San Antonio 114 Detroit 75
Houston 136 Dallas 103
Indiana 97 Chicago 92
L.A. Lakers 99 Atlanta 98
TUESDAY'S GAMES — All Times Eastern
Boston at Philadelphia, 7 p.m.
L.A. Lakers at Oklahoma City, 9:30 p.m.
Denver at Sacramento, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	22	14	8	0	77	64	28
New Jersey	21	10	6	5	52	56	25
Philadelphia	23	11	11	1	66	68	23
NY Rangers	20	10	8	2	51	51	22
NY Islanders	22	9	11	2	64	75	20

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	22	14	4	4	68	53	32
Boston	19	14	3	2	57	42	30
Ottawa	23	12	7	4	52	44	28
Toronto	22	13	9	0	64	55	26
Buffalo	23	9	12	2	60	73	20

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	21	12	8	1	63	59	25
Winnipeg	21	10	10	1	55	64	21
Tampa Bay	21	9	11	1	73	67	19
Washington	20	8	11	1	55	59	17
Florida	22	6	11	5	55	82	17

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	19	0	3	70	41	41
St. Louis	21	11	8	2	60	61	24
Detroit	22	10	8	4	61	59	24
Nashville	22	9	8	5	46	54	23
Columbus	22	6	12	4	49	66	16

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	21	11	6	4	61	58	26
Minnesota	21	11	8	2	49	51	24
Calgary	20	8	8	4	57	68	20
Colorado	20	8	8	4	50	60	20
Edmonton	21	8	9	4	51	58	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	3	2	71	55	32
San Jose	20	10	6	4	47	44	24
Dallas	22	11	9	2	61	63	24
Phoenix	21	10	8	3	62	59	23
Los Angeles	19	10	7	2	49	47	22

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MONDAY'S RESULTS
New Jersey at Toronto
Tampa Bay at Pittsburgh
Anaheim at Phoenix
Nashville at Los Angeles
SUNDAY'S RESULTS
Chicago 2 Detroit 1 (SO)
NY Islanders 3 Ottawa 2 (SO)
Columbus 2 Colorado 1 (OT)
Dallas 4 St. Louis 1
Carolina 3 Florida 2
NY Rangers 3 Buffalo 2 (SO)
Montreal 4 Boston 3
Minnesota 4 Edmonton 2
Calgary 4 Vancouver 2
TUESDAY'S GAMES — All Times Eastern
Montreal at NY Islanders, 7 p.m.
Tampa Bay at New Jersey, 7 p.m.
Boston at Washington, 7 p.m.
Buffalo at Carolina, 7 p.m.
Edmonton at Columbus, 7 p.m.
Colorado at Detroit, 7:30 p.m.
Philadelphia at NY Rangers, 7:30 p.m.
Winnipeg at Florida, 7:30 p.m.
Minnesota at Chicago, 8:30 p.m.
San Jose at Vancouver, 10 p.m.
St. Louis at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Phg	10	24	34
Stamkos, TBL	15	17	32
Vanek, Buf	12	15	27
Kunitz, Phg	11	16	27
Kane, Chi	11	15	26
St. Louis, TBL	5	21	26
Tavares, NYI	13	12	25
Staal, Car	12	13	25
Voracek, Phi	9	16	25
Zetterberg, Det	6	19	25
Moulson, NYI	10	14	24
Ribeiro, Wash	7	17	24
Datsyuk, Det	8	14	22
Giroux, Phi	7	15	22
Getzlaf, Ana	7	15	22
Elias, NJ	5	17	22
Thornton, SJ	4	18	22
Neal, Phg	13	8	21
Kadri, Tor	8	13	21
D. Sedin, Van	8	13	21
Malkin, Phg	4	17	21
Purcell, TBL	4	17	21
H. Sedin, Van	3	18	21

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Whatever goes missing from your life today is something you can well do without, so wave it a fond farewell and turn your attention to more urgent matters.

♉ Taurus
April 21 - May 21
A barrier of some kind may be imposing but you can find a way around it if you try. Stay calm, be patient and look for the key in areas you would not usually consider — that's where it's most likely to be.

♊ Gemini
May 22 - June 21
Do you listen to a friend's advice or do you listen to an expert stranger? Maybe it would be better if you listened to no one's advice but your own. What does your inner voice tell you? Act on it.

♋ Cancer
June 22 - July 23
Be blunt with a partner who is clearly taking liberties. You may not want to hurt their feelings but it would appear they are too thick-skinned to take a subtle hint — so give it to them straight.

♌ Leo
July 24 - Aug. 23
Don't choose the easy option today just because it seems quicker. Appearances can be deceptive and you may wish you had taken more care, devoted more time and done a proper job the first time.

♍ Virgo
Aug. 24 - Sept. 23
Raise your game today. You may not be the most outgoing of people but you have what it takes to make a name for yourself. Over the next 24 hours, you'll get the chance to shine. Don't waste it.

♎ Libra
Sept. 24 - Oct. 23
No matter how busy you may be, you must make time for partners and loved ones. Someone close is desperate for your attention, so put aside what you are doing and let them know you still care.

♏ Scorpio
Oct. 24 - Nov. 22
Something you say could be taken the wrong way and provoke a reaction. This is the kind of situation that could escalate rapidly, so it might be wise just to apologize.

♐ Sagittarius
Nov. 23 - Dec. 21
Your instincts should be telling you that the best way to deal with a difficult situation is to leave well alone. That applies especially to ego clashes.

♑ Capricorn
Dec. 22 - Jan. 20
An important relationship may be under some stress but don't worry about it. The planets suggest that everything will work out for the best in the end, so forget it and focus on more enjoyable things.

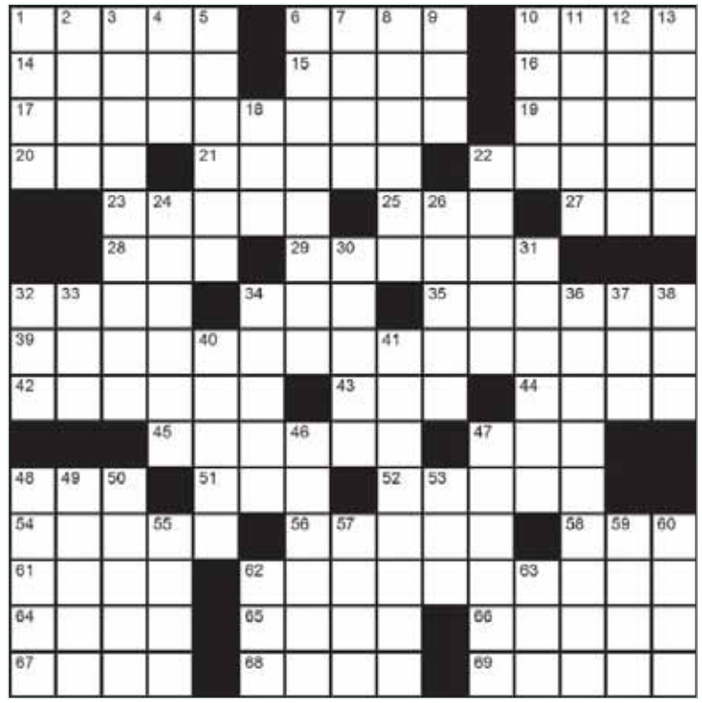
♒ Aquarius
Jan. 21 - Feb. 19
There are so many things you want to do yet so few things you can do, which is no doubt frustrating. Your time will come, so stick with it. As always, everything will change when you least expect it to.

♓ Pisces
Feb. 20 - March 20
Why are you tempted to grab what you can and make a run for it? Maybe it's because you can sense that time is winding down and if you don't do something soon the chance may pass you by. Maybe you're right.

SALLY BROMPTON

Crossword: Canada Across and Down

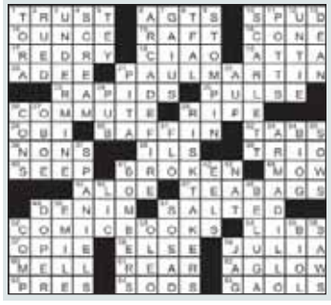
BY KELLY ANN BUCHANAN



Across
1. Most read national daily newspaper in Canada
6. Noon: French
10. Red Serge force, commonly
14. Love: French
15. Gulf of __ (between Somalia and Yemen)
16. Eurythmics' "Would _ __ to You?"
17. Big screens at sporting events
19. Mr. MacDermot (Canadian composer of Hair)
20. Beast of burden
21. "Push" band from Vancouver
22. __ and Shuster
23. "Have _ __." (Relax)
25. __ _ disadvantage
27. Church speech, for short
28. Intl. commerce group
29. "Where's that map?!": 2 wds.
32. "...so long __ __ both shall live?"
34. Granny: German
35. Pineapple: French
39. Toronto's plays/musicals area: 2 wds.
42. Toronto's St. Lawrence __
43. 0 Meridian letters
44. Company dept. heads
45. Lug along, variantly
47. "Go team!"
48. Reserved
51. Bien __, Vietnam
52. Pilot's button
54. Poet W.B.
56. Nobleman
58. Antonio's "Evita" (1996) role
61. Old Scandinavian symbol
62. In Ontario on Lake Huron, it's the world's biggest lake island
64. Pottery pieces
65. Volcano in Sicily
66. Downloaded-from-Apple song
67. Shar-__ (Some dogs)
68. Lang. of Rome
69. Concrete-strengthening rod

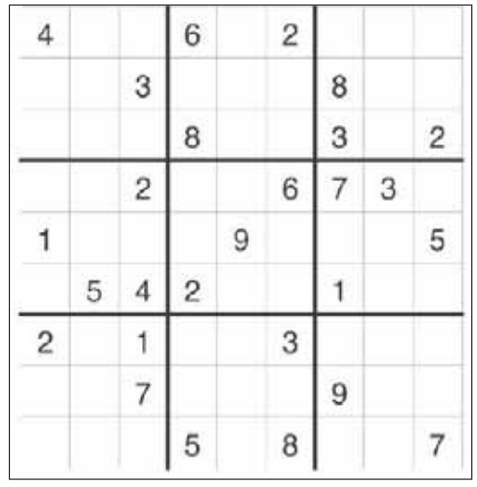
Down
1. Goya painting, The Naked __
2. Ostrich-like birds
3. Rush song: 2 wds.
4. Chafe
5. "_ __..." (Start of Juliet's famous line)
6. __ Provinces
7. Wedding vows: 2 wds.
8. __ floss
9. Advantages
10. Latvia's capital
11. Singer Mr. Aiken's
12. Author A.A.
13. __, Paul and Mary
18. "Prelude __ _ Kiss"
22. "Hmmm, I __ aware of that."
24. Grill servings
26. Breakfast serving
30. Madonna's nickname
31. Runway surface
32. Li'l bank-in-the-wall
33. Doo-Wop music syllable
34. Prefix to 'dontist' (Braces giver)
36. Bouncer's workplace
37. SNL or NASA, e.g.
38. Haloed humans, for short
40. Comp. help givers
41. 'I' of CIBC
46. Canadian brewer
47. Impressionist painter
48. Maple product
49. "Quelle __ est-il?" (What time is it?)
50. New Age musician
53. Quickly write down
55. D'Urbervilles heroine
57. Tolstoy's __ Karenina
59. Susan Aglukark's "__ Na Ho (Celebration)"
60. Vitality [abbr.]
62. "Help __ _ think I'm falling..." - Joni Mitchell
63. 'Comp' completer (Calculate)

Yesterday's Crossword



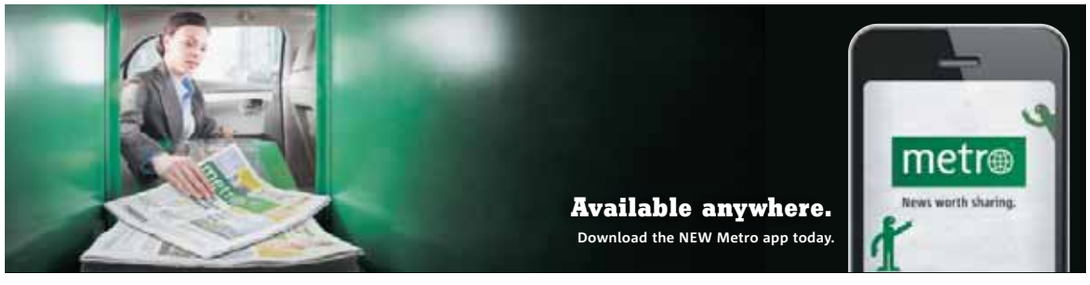
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	7	5	6	9	8	4	2	1
4	2	6	3	1	5	7	9	8
9	8	1	4	7	2	5	3	6
5	1	7	9	6	3	2	8	4
6	3	4	8	2	7	9	1	5
8	9	2	1	5	4	3	6	7
1	6	3	5	4	9	8	7	2
7	5	8	2	3	6	1	4	9
2	4	9	7	8	1	6	5	3



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